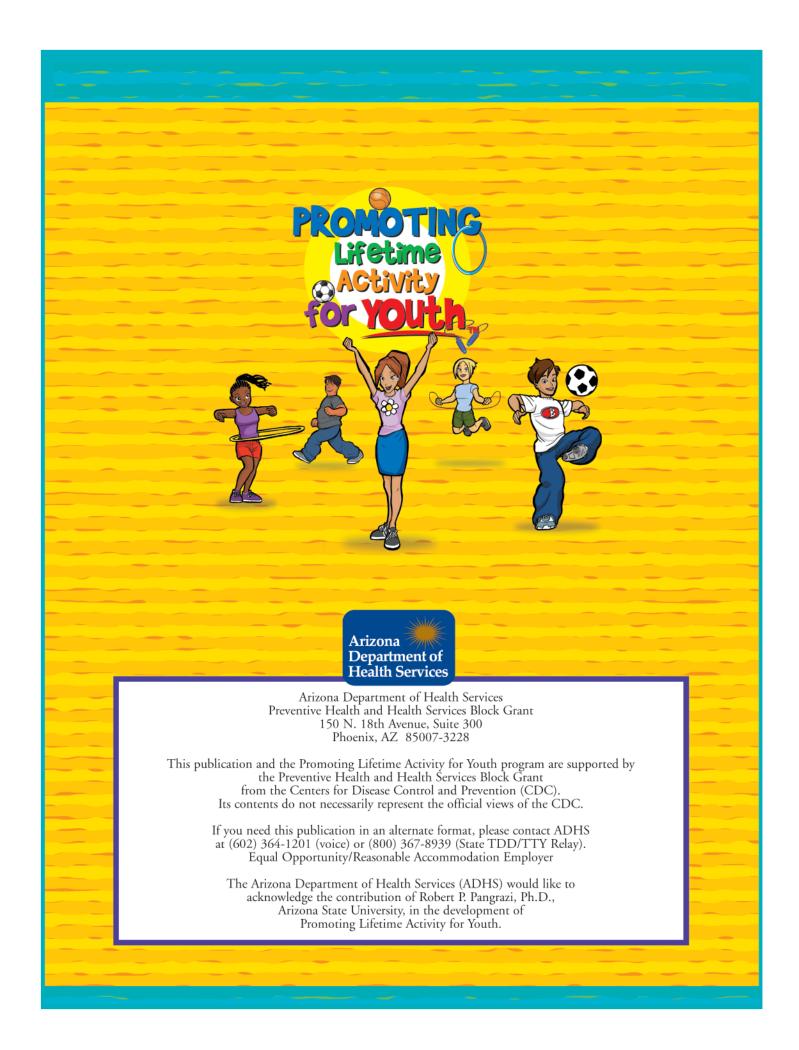
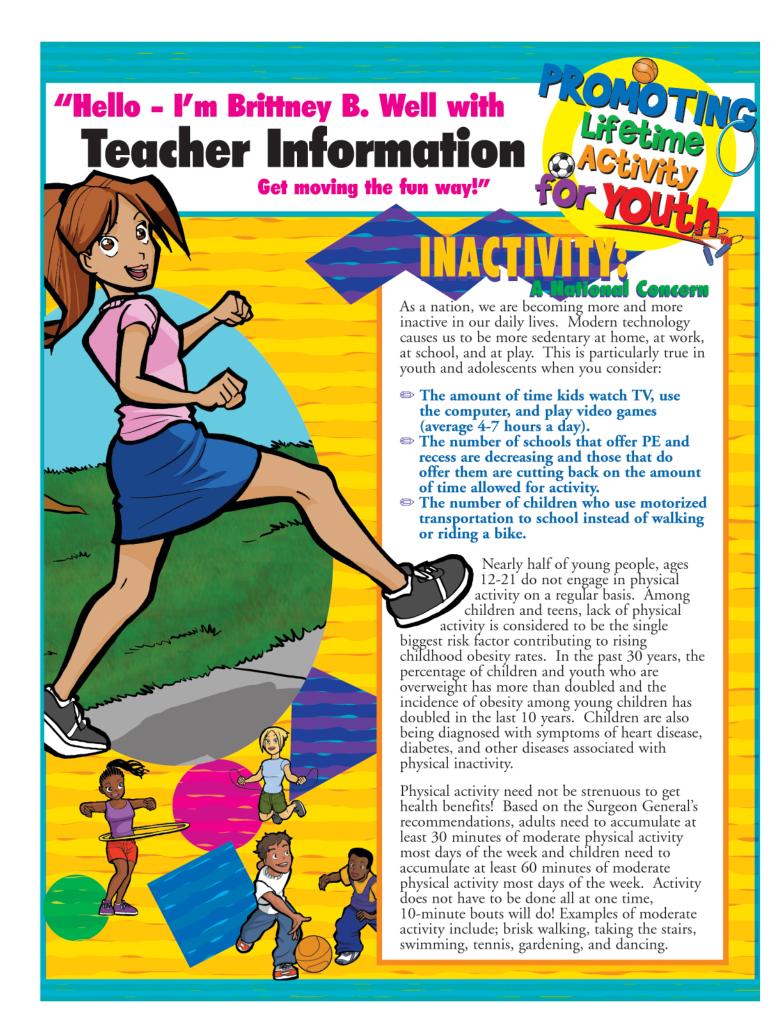
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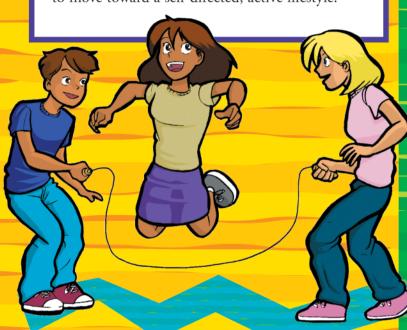
A New Focus:

Focus of the



Regular activity in childhood increases the probability of an active lifestyle in adulthood. The Promoting Lifetime Activity for Youth program moves the focus from fitness to regular physical activity. Why the change in focus? Children who score well on fitness tests are not necessarily active and vice versa. Fitness performance is genetically controlled (Bouchard, 1993), in some cases as much as 70%. Fitness gains in pre-adolescents are growth-related.

The focus of this program is to encourage the accumulation of at least 60 minutes of moderate physical activity throughout a child's day. By adding a 15-minute activity break to the school day, teachers offer students an opportunity to learn about lifestyle activity. The activity break teaches a wide variety of ways to accumulate activity in and out of school. The emphasis is on having students experience fun and positive feelings related to participating in physical activity. Feeling positive about activity is just as important as doing the activity. Recording activity is integrated into the program to help students develop an awareness about the quantity of activity they participate in on a regular basis, and to move toward a self-directed, active lifestyle.



Guiding Principles for

- * It is for all students.
- * Athletic ability and endurance are not required to participate.
- * It is based on accumulating moderate physical
- * Students can personalize activity to meet their
- * Students are encouraged to be active in their community and with their family.

Talking Points for Teachers. Please use these points as a guide for discussions with your students. Ask the questions and let the students reply before giving them the answers.

Benefits of Physical Activity

Why should we be physically active?

- ▶ Not being active can lead to heart problems, diabetes, high blood pressure and some kinds of cancer.
- **>** Physical activity can increase energy.
- **▶** Being active helps us feel and look good.
- **>** Physical activity is fun!

What are some physically active activities? (Teachers can list these and other ideas on the

- **▶** Taking a walk
- Taking a hike
- > Playing on the playground
- ▶ Playing basketball
- ▶ Riding a bike
- Cleaning the house
- Playing tag
- Jumping rope
- Dancing
- Skate boarding
- Running
- Swimming
- Taking the steps rather than the elevator/escalator
- ▶ Parking at the far end of the parking lot and walking

What are the best activities to do?

♣ Ones that you enjoy and keep you moving

TV, Computer Games and Other Sedentary Activities

Why should we limit the amount of TV we watch and video games we play?

- ◆ These are sedentary activities.
- ◆ Your body does not get health benefits when you are inactive.
- ♦ Your body needs active movement in order for you to grow up to be a healthy adult.

Is it okay to watch TV and play video games?

◆ Yes, but you should limit the number of hours you watch TV or play video games to no more than 1-2 hours each day so you have plenty of time to be active.

What are some sedentary activities? (Teachers can list these and others on the board)

- Watching TV
- Playing video games
- Playing on the computer
- ◆ Riding in a car
- ◆ Taking the elevator
- Playing board games



(one week)

Talk about the Promoting Lifetime Activity for Youth program and the importance of being physically active every day.

During Step 1:

- ▲ Discuss the importance of physical activity with your students.
- ▲ Discuss the importance of having fun while you are physically active. People who have fun and enjoy the activities they are doing are more likely to make physical activity a lifelong habit.
- ▲ Prompt all students in your class to move.
- ▲ Allow students to move at a pace that is acceptable to them.

(at least three weeks)

Introduce Teacher-Directed Activities During Step 2:

- ▲ Direct a 15-minute activity break most days of the week and teach a variety of games and activities that are fun for the students.
- ▲ Teach students that any activity is good activity.
- ▲ Demonstrate that the school values participation in regular activity.

Step Three (at least eight weeks)

Introduce logging and explain that it will help students to reach their physical activity goals. Logging will help students become more aware of the physical activity choices they make.

President's Active Lifestyle Award -If the students have accumulated at least 60 minutes of activity for at least five days, for 6 weeks, they will earn a President's Active Lifestyle Award.

During Step 3:

- ▲ Encourage students to spend at least 60 minutes a day, at least 5 days a week being active.
- ▲ Gradually encourage students to take the responsibility to develop regular activity habits at school, at home and in their community.
- ▲ Each morning remind students to record their previous day's activities on their student log sheets.
- Place the classroom wall chart in a prominent place with each student's name listed. If they have logged their activities (whether physically active or not) they receive a stamp on the chart.
- ▲ Present the students who have earned it, with a President's Active Lifestyle Award.

